

January Program Highlights

Urbana Senior Center

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MAP: Where do I go from here?

Need help but don't know how to get started on finding the resources you need? Learn some tips for finding your path when you don't know where to go for help. Maryland Access Point (MAP) provides information and assistance to area residents.

(Stay for lunch - \$4.68 regular meal cost)

Date: Wednesday, January 11

Time: 11:30 a.m. **Cost:** Free

Lunch with Nurse Steve:

It's a New Year and a New You!

Nurse Steve's talk will be "a discussion of how our body changes every 7 years cell by cell and how our lives are affected."

Date: Thursday, January 12

Sign-up by Thursday, January 5

Time: Noon **Cost:** \$4.68 (Regular meal cost)

The Inside Scoop:

Healing Touch Chiropractic

Curious about chiropractic medicine? Healing Touch Chiropractic is dedicated to helping patients feel healthy using conservative, non-invasive forms of healthcare. Dr. Jeremy Cayer will lead the discussion.

Date: Tuesday, January 17

Sign-up by Thursday, January 12

Time: 5:30 p.m. Fried Chicken Dinner
6:00 p.m. Talk/Discussion

Cost: \$5.00 for the meal

More January Highlights

Supper Club: Tues., Jan. 3, 5:00 p.m.

Artful Creations: Wed., Jan. 4, 1:00 p.m.

Book Club: Mon., Jan. 9, 1:15 p.m.

Teens Teach Tech: Tues., Jan. 10, 3:30 p.m.

Movie Matinee: Wed., Jan. 25, 1:00 p.m.

Lunch and Learn:

Falls Prevention & Yaktrax Distribution

Among older adults falls are the number one cause of loss of independence. Learn tips and suggestions on how to prevent falls. If you don't have a set of Yaktrax or want another pair we have one for you. Yaktrax Walk is a lightweight and easy to use ice-traction device. It helps reduce the risk of falls while walking outside in the winter.

(Stay for lunch - \$4.68 regular meal cost)

Date: Wednesday, January 18

Time: 11:30 a.m. **Cost:** Free

Bridge

Want to play bridge in a relaxing atmosphere? Join this new group.

Date: Mondays, starting January 9

Time: 12:30 p.m. **Cost:** Free

Winter Blahs Luncheon

Comfort food and "brighten-the-winter-blues" activities during the doldrums of winter! Stuffed chicken breast, mashed potatoes, sauerkraut, peas, apple pie ala mode

Date: Thursday, January 19

Sign-up by Thursday, January 12

Time: Noon **Cost:** \$4.68 (Regular meal cost)

RSVP: Overview

The Retired and Senior Volunteer Program (RSVP) is one of the largest volunteer efforts in the nation. RSVP engages older adults in a diverse range of volunteer activities that address critical community needs. Come learn about this program.

(Stay for lunch - \$4.68 regular meal cost)

Date: Wednesday, January 25

Time: 11:30 a.m. **Cost:** Free

(see other side for calendar of activities)